

## ABSTRACT

In one embodiment the invention comprises a method of communication utilizing  
5 the Internet which includes receiving on a server an e-mail message transmitted from a first  
computer, which email includes a request to the intended recipient of the e-mail for a return  
telephone call to a telephone number designated in the e-mail, and including in the e-mail  
transmission the address of a gatekeeper for providing the address of a gateway through  
which a telephone call originated on a computer of the intended e-mail recipient may be  
10 routed to the public switched telephone network and to the telephone number designated in  
the e-mail.